

Support Group Meeting Schedule

UPCOMING MEETINGS:

All Meetings 7:30 – 9 p.m.
Davis Hospital Classroom 1
McKay Dee Hospital Classroom 2

• **July 17 •**

Mckay-Dee Hospital
Topic- Communication

• **August 1 •**

Davis Hospital
Topic- Family and Friends

• **August 21 •**

Mckay-Dee Hospital
Topic- Remembering Your Baby

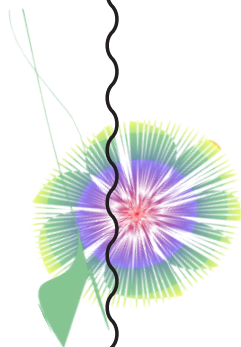
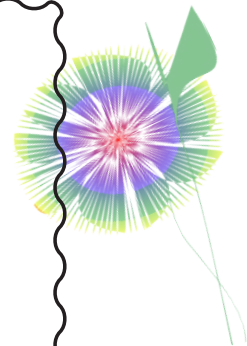
• **September 5 •**

Davis Hospital
Topic- Grief and Marriage

• **September 18 •**

Mckay-Dee Hospital
Topic- Milestones and Memories

If you wish, please bring a memory item of your baby to share. (Pictures, stuffed animal, poem, etc.)
For more information about support meetings,
please visit www.utahshare.org



BABIES WHO HAVE TOUCHED OUR *Hearts*

Nevaeh Zarate

April 22, 2013 –
April 27, 2013

Nicole Zarate

April 22, 2013 –
April 27, 2013

Trevor Michael Dworshak

Jan.28, 2013 –
May 7, 2013

Aiken Takaishy Sanasan

May 8, 2013

Ariah Acevedo

May 16, 2013

Dylan Mason Lucas

May 20, 2013

Liam Joseph Desmarais

May 21, 2013

Phoenix

May 24, 2013

Julius Kruz Barrientos

May 24, 2013

Missy June Titensor

May 25, 2013

Wade T. Titensor

May 25, 2013

Eirlyse Treasure Bolton

May 28, 2013 -
May 30, 2013

Leif Fox Wilson

June 3, 2013

Max Weaver

June 4, 2013

Hayden Dean Gerhardt

June 5, 2013

Jamilah Long

June 7, 2013

Steele Ryder Tafoya

June 11, 2013

Minnie Nielson

June 12, 2013

Oliver Blanchard

June 20, 2013

Utah Share Parent Sharing

Each month we ask parents who have lost a child a question through our Utah Share Facebook group that relates to their child and what it is like to be the parent to an angel.



This month, we asked parents:

“Many people say they are never the same after the death of their baby. Has your baby’s death changed the way you feel about life in general, or the way you feel about yourself? Did you change career paths, or take on some other task or project that you had not considered before? Did the life and death of your child give you the hope and courage to do something you had always wanted to do?

Did the changes to your life help you cope with your baby’s death?

Heather M. - It has been 5 years since my son’s stillbirth. I feel I am more humble, charitable, and genuinely concerned about others. Hearing similar stories today concerns me. I really feel like a better person because of my son’s death.

No on career paths. However, I am raising a special needs daughter (rainbow baby). I feel like I can handle this better because of my stillbirth. I can deal with hearing loss, death of a child is the true challenge.

I feel more empowered about my life than I did before. As mentioned, I am at peace with my son’s loss.

Please don’t think this means I do not grieve and miss him (I do this often), but I am proud to be an Angel Mom! I love him so much and I know this because I will always miss him. I feel like I can conquer anything, because I have buried a child.

YOU NEVER KNOW HOW STRONG YOU ARE...
UNTIL BEING STRONG
IS THE ONLY CHOICE YOU HAVE~



NEWS & EVENTS

Join us for the SHARE Summer Social

**We're having a picnic for
the entire family!**

**Wednesday, Aug 7
at 6 p.m. at the Hooper Park -
6100 West 5500 South, Hooper**

**Come enjoy food, friends and fun!
Also please bring a side dish to share,
the main dish will be provided.**

**Please RSVP by July 24 to Rachael at
Rachael@utahshare.org or 801.644.4437
with the number of people
coming from your family.**



July is Worldwide Bereaved Parents Awareness Month

Coping with Grief

Remember, with support, patience and effort, you will survive grief.
Some day the pain will lessen, leaving you with cherished memories of your loved one.

Be Good to Yourself - Be Yourself - Truthfully Accept Yourself - Gratefully Value Yourself -
Joyfully Treat Yourself - Generously Balance Yourself - Harmoniously Bless Yourself - Abun-
dantly Trust Yourself - Confidently Love Yourself - Wholeheartedly Empower Yourself -
Prayerfully Give Yourself - Enthusiastically Express Yourself - Radiantly

Resources

Utah Share would like you to know that you do not need to face the grieving process alone. Below is a list of several organizations that offer support and resources to grieving parents.

Utah Share -

801-544-1159

www.utahshare.org

National Share -

800-821-6819

www.nationalshare.org

Compassionate Friends -

877-969-0010 (toll-free)

<http://www.compassionatefriends.org>

Bereaved Parents USA -

<http://www.bereavedparentsusa.org/>

HAND.org - Helping After Neonatal Death

<http://www.handonline.org/>

IRIS -

<http://www.irisremembers.com/>

MissingGRACE.org -

<http://www.missinggrace.com/org/indexabout.html>

Mommies Enduring Neonatal Death (M.E.N.D.) -

<http://www.mend.org/support/home.asp>

Baby Steps -

<http://www.babysteps.com/>

BPUSA -

<http://www.bereavedparentsusa.org/>

Grief Haven -

<http://www.griefhaven.org/index-firstpage.shtml>

GriefNet -

<http://www.griefnet.org/>

My Miscarriage Matters -

<http://www.mymiscarriagematters.com/>

National SIDS Resource Center -

<http://www.sidscenter.org/>

Center for Loss in Multiple Births -

<http://www.climb-support.org/index.html>

Inspirational Messages

How Long Will It Take To Get Over It?

TCF Fort Lauderdale, FL

How long will it take me to get over the feeling of sorrow?
A lifetime.

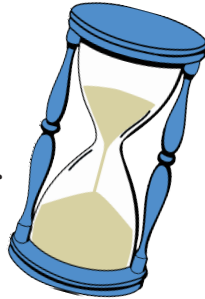
How long will I continue to feel guilty?
As long as it takes you to realize you did nothing wrong.

How long will it take me to get over my anger?
As long as it will take you to stop blaming yourself and others, and realize it was the combination of unpredictable happenings that occur in one's lifetime.

Why do friends give such horrid advice?
To cover up their own inability to handle the situation.

Will I ever be happy again and be able to laugh?
An emphatic YES.

How long is long?
As long as it takes for you to go through the process. Each individual has his or her own timetable, but it is up to you to make the decision when to start healing.



Yesterday... Today... Tomorrow

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is Yesterday, with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed beyond our control.

All the money in the world cannot bring back Yesterday. We cannot undo a single act we preformed, we cannot erase a single word we said ~Yesterday is gone.

The other day we should not worry about is Tomorrow, with its possible adversaries, its burdens, its large promise and poor performance. Tomorrow is also beyond immediate control.

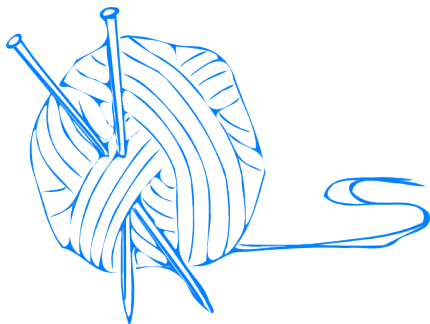
Tomorrow's sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in Tomorrow for it is as yet unborn.

This leaves only one day ~Today. Any man can fight the battle of just one day. It is only when you and I add the burdens of those two awful eternities.

~Yesterday and Tomorrow ~ that we break down. It is not the experience of Today that drives men mad.

~It is the remorse or bitterness for something which happened Yesterday and the dread of what Tomorrow will bring.

Let us therefore live but one day at a time!



Grief is like a ball of string, you start at one end and wind. Then the ball slips through your fingers and rolls across the floor. Some of your work is undone but not all. You pick it up and start over again, but you never have to begin again at the end of the string. The ball never completely unwinds. You've made some progress.

-Author Unknown

Angel Outfitters:

loving and clothing our little angels

By: Christine Damitz

Our service organization, Angel Outfitters, specializes in providing bereavement buntings, at no charge, for babies that pass away between 14 and 20 weeks gestation. Because there are no sleeves or collars, our soft buntings make dressing these delicate, fragile babies very easy. They help provide the dignity, modesty and respect that these little ones deserve and can help to bring comfort to their grieving families.

Thanks to our dedicated volunteers, our buntings are being used at hospitals across the United States and have had very positive feedback, as well as the gratitude of many angel families.

It has been an exciting adventure watching this movement evolve and expand. It started in Davis County, Utah and drifted down to Salt Lake County very quickly. We are currently working with hospitals in eleven additional states and recently sent a batch of buntings to Guam. Every day hospitals and volunteers are joining our cause.

Our goal is to spread awareness and to change the quality of infant bereavement care through our actions, words and deeds. Not only does this effort touch families struggling through their losses, but can also offer healing to the volunteers who serve them, many who have lost babies themselves, knowing that their children can continue to have an impact on our world. Every minute, every dollar spent is dedicated to their angels.

It takes an army to clothe angels, and we would be thrilled to have you on our side! There are many ways you can participate in moving our efforts along.

We would love to have your help making buntings to donate to the cause. You can find all our available pat-



*Beautiful buntings recently sent to the
US Naval Hospital in Guam.*

terns on <http://angeloutfitters.blogspot.com/> Please contact us at christine.angeloutfitters@gmail.com to let us know where you would like to donate finished items so we can organize our efforts and better serve those in need of clothing.

Also, join our Angel Outfitters Participation Group on Facebook. Sewing events and opportunities to adopt requests will be posted as they are available.

Don't sew? Not a problem! We always need volunteers to trace and cut out patterns. We will happily complete unfinished buntings, or help you find someone nearby that can. You can also participate by sending us flannel, or monetarily donate funds for materials.

Thank you for helping us help others!



Birthdays In Memory Of



Happy 9th Angel Day Lynli

August 3, 2004

9 years sense we made that life and
death decision for you,
9 years sense we held you for those 30
minutes of your life.
9 years sense we admired so many
amazing features about you,
9 years again that our world came
crashing down and the dreams of
watching you grow up
came to an end...
Love forever & ever, Mom, Dad and
little sister Shayli.



Happy happy 4th birthday to our
sweet angels

STRYKER & SCOUT!!!

Can't believe Aug 1st will be four
years since you entered into our lives.
You have made such a huge impact
on so many people since then! Thank
you for watching over us & thank
you for all your help getting your little
brother here to us!

We love & miss you so much!

xoxoxo

Love, Mommy Daddy & Ledger

Miss Alaina Mae Johnson

7.13.09

Happy 4th birthday sweet baby girl!
Not a day passes that I don't think
about you! Your spirit is always with
me and I would like to thank you
again for being there when I don't
think I can get past the pain of not
having you in my arms!

I also want to thank you for
selflessly giving your baby brother a
chance to come into our lives
because if it wasn't for you he would
have never been a true
blessing in our lives!

We love and miss you everyday!
Happy Birthday little princess!!

Love Mommy, Daddy and little
brother Lucas!



Happy Angel Day Jakob & Jenah

Wow 10 years,
10 years since I held you,
10 years since I saw you,
10 years since I watched you take
your first and last breath,
10 years since we were together,
10 years since I felt you move,
10 years since my world came crash-
ing down.
August 18, 2003
I love you forever and ever, Mom,
Dad and little Sister Shayli.

July 15th
Happy 2nd Birthday in Heaven
Easton!

We love and miss you
every single day.

Love, Mom, Dad,
Carter, Rylee, & Asher

Chloe Faith Price

My beautiful Chloe, although time
has passed since you have been gone,
it seems like yesterday I felt you in
your mommy's tummy and then held
you in my arms as I watched an angel
sleeping.

Please know that you have been with
us always in everything we have done
and everywhere we have gone...you
will always be in our hearts.

"If every tear we shed for you
became a star above, you would play
in an Angel's garden, lit by
everlasting love."



Joseph David Lee Edwards

July 3, 2009

Four years of being
blessed by your life.
Thank you for choosing us,
and watching over us.
We love you Angel Boy
Love Mommy, Dad, Jarom, Michael,
Sam, and Luke

Gabriel Jordan

August 12

Happy Birthday in heaven!
We love you!

Happy birthday my beautiful
Angel...we love you.

Love Aunt Saralyn, Uncle Nick,
and Colson

Taylor Drew Wilson

July 26, 2011

Happy Heavenly Birthday Sweet
Angel,
We Love and Miss you everyday..
You will always be on our hearts..
Love, Mommy, Daddy,
Shaylee, and Allie

My sweet Angel **Chloe**,
Seven years ago you got
your angel wings.
Happy Angel Birthday sweet angel.
You were too perfect for this world.
Miss you every day and
love you so much.
Grandma Debi

Kabrie Lane McGugin

7/24/12

Happy 1st angelversary baby girl!
We love and miss you
so very much!
Love Mom, Dad, Kylie & Kaden 8

Utah Share would like to thank...

Aleese Walker and the **Bountiful Orchard 6th Ward Relief Society**
for making a donation.

Jennifer Young and the **Kaysville 20th ward Beehives and MiaMaids**
for their donation.



Courtney Elmer
for her donation.



Lora Erickson
donation in memory of Samantha Erickson.

Twin Stitchers
donation in memory of Ester Rose Davis

Westbroek and Golding family
donation in memory of Marie Westbroek.

Utah Share is a non-profit organization with 501(c)3 status, supported solely by private donations.

Monetary contributions are always appreciated and are tax deductible.

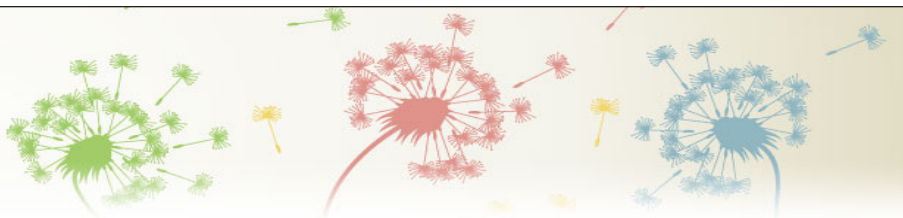
You can donate online via paypal or you may also mail donations to:

Utah Share, 1178 Homestead Ln. Fruit Heights, UT 84037

Your financial support helps more than 100 families each year. Thank you for making a difference.

We adapt, we accept, but we never get over it!
I am often asked, "When will the pain go away?"
My honest answer is, "never."
It changes intensity, like the waves in the ocean,
as we all struggle to get to Grief Beach!





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Our Mission

The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth or in the first few months of life.

The primary purpose is to provide support toward positive resolution of grief experienced at the time of, or following the death of a baby. This support encompasses emotional, physical, spiritual, and social healing, as well as sustaining the family unit.

The secondary purpose of Share is to provide information, education, and resources on the needs and rights of bereaved parents and siblings. The objective is to aid those in the community, including family, friends, employers, members of the congregation, caregivers, and others in their supportive role.

Find us on Facebook under "Utah Share"



touching lives... healing hearts... giving hope...
www.utahshare.org and www.italsshare.org/newsletter
Pregnancy & Infant Loss Support, Inc.

